

About 2 years ago I was introduced to weight training. I joined Healthworks and my training increased. I have been training roughly 3 times a week. My diet changed along with my lifestyle. From day one my goal was to hit my natural size-get as big as possible without any illegal substances. My training started off well, I increased in size and strength. I read relevant literature and surfed the net for tips and advice on bodybuilding. After training hard for 1.5 years I had achieved a good size. But then I noticed very little change in my body's appearance and strength. I wasn't pushing any heavier and I wasn't getting any bigger – I had hit a plateau. My motivation for the gym went right down hill, boredom had set in. I was mostly irritated by the fact I was putting in a lot of hours at the gym and eating clean – yet still no gains. I needed help.

That's when I turned to Mike. Mike offered to sit with me and write out a programme based on my goals. He was very positive about it which was good as I became more confident that gains would arise. He took everything into account, all my history i.e. what exercises I had done, how many sets I do, the intensity of my workouts etc. After receiving the programme I promised myself I would stick to it – I couldn't really loose anything as I wasn't gaining anyway! Initially I was bench pressing 105kgs (1 rep max) and couldn't get off it for months. After the programme was completed (16 weeks in total it took), I went up to 115kg, then quickly after I hit 120kg – which was my target that year! I had smashed it! But it didn't stop there; my body kept growing and hasn't looked back. My last record of bench press was 130kg.

Looking back on it now, my body just needed that programme to shock it back into growth. A bit of guidance from someone who knew what they were doing! I gained a lot of knowledge through speaking to Mike, he was always happy to chat about any issues that I had regarding my progression. I would recommend anyone to Mike as he has a good solid knowledge of advanced weight training and fitness training.

Andy Fairweather